



HERITAGE

April

They call their baby "April."

Oh, what a lovely name!

It conjures up a picture

Too free to fit a frame:

A dainty little blossom-

A tiny crocus bud-

That pushes past dissuasion

To part the melting mud;

A timid, furry bunny,

A yellow-feathered chick,

A glimpse of green transfusing

What had appeared a stick.

A robin brightly breasted

A-singing to the sky

As if to ask for color

To use for eggshell dye:

A branch of pussy willow,

A brook with babbling tongue,

A lambkin in a meadow:

Just all that's fresh and young.

They call their baby "April"

The month of hope and cheer.

How nice to carry "April"

Around with one all year!

Margaret Rourke

~~~~~ Attention Seniors

Inside

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Linda Hin our Minority Outreach Worker will be out of the office from Monday April 6, 2015 and returning Monday May 25, 2015. If you would like to make an appointment with Linda, please feel free to contact her at (978) 905-9579.

April 2015 Director's Message

We made it! Finally, spring has sprung. We are beginning to welcome back our senior friends who flew south for the winter. The rest of us so bravely weathered many storms. The Senior Center would like to say "Thank you" to Ralph Snow-DPW Commissioner and all the wonderful, helpful staff of Dept. of Public Works for all their hard work through the winter months. From the sanding and plowing of our parking lot at the senior center to repairing our heat, to installing the generator! THANK YOU, THANK YOU!

The Lowell Council on Aging (LCOA) would like to thank **Mr. and Mrs. Connie Dussault and all the Ladies from VFW Post 662 Auxiliary** for all the great gifts they have provided over the winter months to our senior veterans. THANK YOU!! These great volunteers will be in attendance again next month to surprise our local Veterans with a handsome Vet's baseball cap. As they do every year.

The LCOA would also like to thank Ms. Finnral & **"Operation Thank you"** for their very kind donation of sponsoring six months of breakfast items. This is such a great help!

All Veterans are welcomed to the monthly breakfast on the 2nd Tuesday of the month.

The LCOA would also like to thank **Mr. & Mrs. James Rivard & Woodward & Curran** for sponsoring a table and inviting our seniors to the City of Lowell administrations annual St. Patrick's event at UMASS Lowell Conference Center.

The Lowell Senior Center staff would like to thank **Christopher Timowicz and Santandeer Bank** for the donation of a much needed shredder for the administration.

Thank you to **Ms. Rooney and Wingate of Belvidere** for the delicious desert for the March Dinner Dance. All of us are looking forward to seeing you and the flowers blossoming!

Michelle Ramalho

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

~~~~~

Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm

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Outreach Coordinator: Amy (Medina) Leal
978-674-1167 ~ aleal@lowellma.gov
Monday-Thursday 9 am to 4 pm

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**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowellma.gov  
Tuesday-Thursday 10 am to 2 pm

~~~~~

Minority Outreach Coordinator: Linda Hin
978-674-1173 ~ Lhin@lowellma.gov
April 1-3rd from 12pm-3pm
Or call (978) 905-9579.

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**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday ~ Appt.. Hrs. 10 am - 3:40 pm

~~~~~

S H I N E (Serving Health Insurance Needs for Elders)
Joan Gong 978-674-1172
First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call

Tara at 978-674-1172 or 978-458-1465

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Pollard Library 978-674-8634**COA Library Annex 978-970-4186**

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**Lowell Senior Center Hours of Operation:**

Monday—Friday: Open 6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday—Sunday: Open 7:00 am until 12 noon

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

~~~~~

**Next meeting: Monday,,
April 13 at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

Rita M. Mercier

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

~~~~~

Office hours vary

Call 978-674-1172

**Next meeting — @ 9:30am  
last Friday (4/24) of the month**

Public welcome

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds if you do not purchase insurance. The office is now open from 6:00 a. m. to 2:00 p. m. Trip flyers available outside of 2nd floor office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise.

## DAY TRIPS

**May 19, Tuesday ... Late Nite Catechism @ Lantana's.** Late Nite Catechism is an uproariously funny play that takes the audience back to their youth. The irrepressible Sister teaches class to a roomful of "students." Throughout the course of the class the benevolent instructor rewards the "students" for correct answers with glow-in-the-dark rosaries and other nifty prizes. Naughty students may well find themselves on stage sitting in a corner reflecting their actions. However, even the most reluctant "students" will be clamoring to get into this Sister's class. A Howling Comedy. Cost \$70. Departs from LCOA @ 9:15 am.

**May 22, Friday ... The New Dawn Singers' @ Luciano's Lake Pearl.** Meal choice: Chicken Parmesan or Baked Scrod Cost \$65. Roger's Bus

**May 23, Saturday ... Newport RI Schooner & Mansion.** Visit the historic mansions of Newport RI along Ocean Drive before a tour at The Breakers, the "Grandest" of the summer homes. Enjoy the Days of sailing as you sail Newport Harbor aboard the classic schooner Madeleine. Depart from Ayotte garage: Cost \$109.

**May 28, Thursday ... Newport playhouse & Cabaret "Cheaters."** Michelle thinks her and her boyfriend Allen should marry; Allen isn't sure. His hesitancy drives her home to her parents for advice. Both sets of parents, who unknowingly know each other "very well", decide to meet the young lovers over dinner to lend their maturity and experience. Complete Buffet Cost \$55. Roger's Bus Departs @ 9:15 am.

**June 10, Wednesday ... Dean Martin & Marilyn Monroe "Some Like It Hot & Some Like It Over Ice!" @ White's of Westport.** Meal choice: Boneless Stuffed Breast of Chicken or Baked Scrod. Cost \$55. Roger's Bus Pick up @ The George Ayotte Garage @ 9:15 am.

**June 18, Thursday ... Newport playhouse & Cabaret Lobsterfest "Kill Joy."** Carol is being driven crazy by her monster of and ex husband, Victor and his new wife, who will try every trick in the book to end Carol's thousand dollars a week alimony. When Carol has an affair with Victor's lawyer, they decide Victor has to die. Cost \$65. Departs @ 9:15 am.

**June 23, Tuesday ... "The Drifters" @ Luciano's Lake Pearl** – Remembering the fabulous Fifties. Cost \$70. Roger's Bus.

**July 21, Tuesday ... Where Were You? Starring Ron Gartner & his band.** The A Rockin' Salute to Bandstand & Motown is a highly entertaining songfest for people who love the hits of the 50's & 60's @ Lantana's function Facility in Randolph, MA. Meal choice: Chicken Marsala or Fresh Baked Scrod. Cost \$70. Roger's Bus

**July 28, Tuesday ... The Spirit of Boston.** Come aboard and enjoy the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two- hour cruise on Boston's historic harbor is perfect for an afternoon getaway and is exclusive to Best of Times Guests Only! Cost \$75. Roger's Bus

**August 11, Tuesday ... Laura Roth: "Public Energy Number One!" @ Venus De Milo.** Meal Choice: Chicken Parmesan or Baked Scrod. Cost \$55.

**August 12, Wednesday ... Foster's with Traditional Maine Lobsterbake.** Featuring Bobby Darling. Enjoy a great day out with what Maine is Best known for, it's lobster, combined with one of the funniest, zaniest shows of the season. Touted as The Northeast's most hilarious musical comedy duo, Bobby Darling and Dr. Devine bring their incredible show to our Best of Times Stage. If you are a fan of the Smother's Brothers you will love this show. Cost \$75. Roger's Bus pick up @ The George Ayotte Garage. Departure TBD

**August 18, Tuesday ... Newport playhouse & Cabaret "Flamingo Court."** Harry in Apt. 304 deals with a gentleman who is battling his greedy daughter at the same time that he gets involved with an aging hooker. When the daughter and the hooker meet the audience laughs up a Newport-worthy hurricane! Cost \$65. Roger's Bus Departs @ 9:15 am.

**August 26, Wednesday ... Portsmouth & the Gundalow Cruise.** The boats are shallow draft boats that were used to haul freight along the Piscatqua River. The boats have been recreated to provide educational

tours. The boats are easily accessible and provide a fun way to learn about our maritime heritage. After the cruise enjoy lunch at the Common Man followed by a visit to Stonewall Kitchen, When Pig's Fly Bread sampling, & a photo op at Bubble Light. Cost \$89. Depart from the Ayotte Garage. Departure time TBD.

**September 22, Tuesday ... The Beach Boys ultimate tribute show @ The Venus De Milo.** Meal choice: Baked Chicken or Baked Scrod. Cost \$65. Roger's Bus Departs @ 9:15

**October 7, Wednesday ... Newport playhouse & Cabaret "Odd Couple."** Surf & Turf. The guys assemble for cards in the apartment of divorced Oscar Madison. Late to arrive is Felix Unger who has just been separated from his wife. Depressed, Felix seems suicidal, but it soon becomes clear that Oscar is the one with murder on his mind when the clean-freak and the slob decides to room together. Cost \$65. Roger's Bus Departs @ 9:15 from the George Ayotte Garage

**October 21, Wednesday ... Italian Festival @ Danversport Yacht Club.** Featuring: Frank Zarba & Ray Cavilcchio singing the music of Italy into our hearts. Meal choice: Chicken Parmesan Served on Penne Pasta or Baked Scrod. Cost \$65. Roger's Bus @ The George Ayotte Garage @ 9:15

**November 12, Thursday ... Barbara & Frank @ The Venus De Milo.** A sensational tribute to Sinatra and Streisand Meal choice: Stuffed Breast of Chicken or Baked Scrod. Cost \$70. Roger's Bus Departs @ 9:15

**December 1, Tuesday ... A Christmas Carol @ Demetri's.** This new adaptation of Dickens' ever popular classic fills the stage with veteran Broadway actors, lush costumes, stunning sets, music, dance, and a timeless message. With beloved traditional carols of the season included, A Christmas Carol is an enchanting way to begin the holiday festivities. Cost \$70. Departs @ 9:15 am.

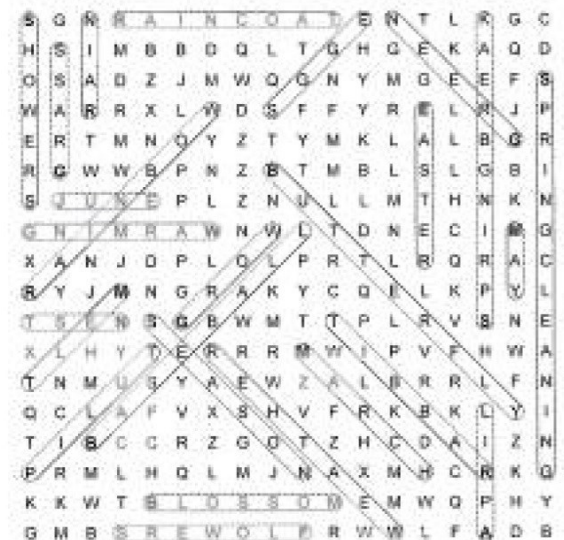
### OVERNIGHT TRIPS

**June 7-13, Sunday—Saturday ... Southern Charm** featuring Historic Charleston in South Carolina, Savannah, Jekyll Island, and St. Simons Island in Georgia, St. Augustine & Jacksonville in Florida. 7 days, 9 meals (6 breakfasts, 3 dinners). Cost includes: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers. Trip includes guided tour, museums, gardens, & tram ride. Cost \$2,399 dbl, \$2,999 sgl, \$2,369 tpl. Book by December 8, 2014 and save \$100 per person. Departure time TBD.

**June 15-17, Tuesday—Thursday ... Boothbay Harbor.** Tour features: round trip motor-coach, 2 nights at Fisherman's Wharf Hotel with tax and baggage service, 2 breakfasts, 1 dinner, Cabbage Island clambake, Carousel theater with dinner & entertainment, Shipyard Brewery tour with tasting and Coastal Maine Botanical Gardens. Tye's Top Tour & Travel 1-800-374-6819. Cost \$429 Dbl, \$529 Sgl, \$419 tpl.

**August 5 & 6, Ogunquit Playhouse "Nice Work" If You Can Get It – A New Musical Comedy!!** Laughter, romance and high-stepping Broadway magic bursting with girls, glamour and the glorious songs of Gershwin! The delightful 2012 Tony Award-winning musical comedy hits the stage with Ogunquit favorite funny lady Sally Struthers as the town temperance enforcer set against a gang of bootleggers. It's the Roaring Twenties, the champagne is flowing and the gin is fizzing in this madcap musical filled with a cast of outrageous character who gather in New York City to celebrate the wedding of a wealthy playboy. But things don't go as planned when the playboy meets a beautiful and feisty bootlegger who melts his heart. This fresh and funny song-and-dance spectacular, with a book by Tony winner Joe DiPietro (Memphis) features a treasure trove of George and Ira Gershwin's most beloved songs including "But Not For Me," "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone To Watch Over Me." Prior to show we will feature lunch at the Colony Hotel in Kennebunkport overlooking the bay. Choice of :Steamed Lobster, Lobster Roll, Cold Salad Plate, Baked Haddock or Chicken Parm. After the show we will head south to Portsmouth where we will overnight at the Anchorage Inn. Cost \$299 for Double, Triple \$289, & Single \$359. Depart @ TBD from the George Ayotte Garage. For more information see flyer.

**October 28—November 4, Wednesday—Wednesday ... Irish Splendor** featuring Dublin, Blarney Castle/Stone, Killarney, Cliffs of Moher, and Dromoland Castle. 8 days, 10 meals (6 breakfasts, 4 dinners). Incls: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers, St. Patrick's Cathedral, Guinness Storehouse, beautiful landscapes, Whiskey Distillery. Cost \$3,149 dbl, \$3,549 sgl, \$3,119 tpl. Book by April 28, 2015 and save \$250 per person. **Passport required. Departure time TBD**







**Manager Kevin J Murphy speaks at the Annual White Ribbon Event**

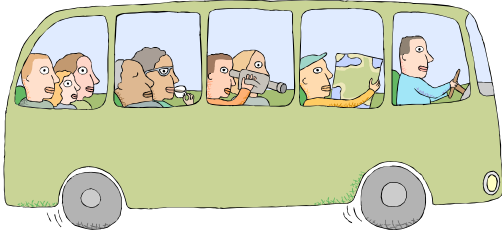


**(on left) Mayor Rodney M Elliot speaks against the Domestic Violence of women**

Friends of LCOA B.O.D  
Lorraine Mellen  
dances with a Youth build volunteer.

Youth Build Volunteer who assisted with the lunch serving.

**Lucky Leprechaun  
Ronald Tynan**



## **Roger's \$5.00 Trips**

*Ages 60 to 101.*

Bus leaves @ 9:15 am from the Senior Center. The bus is handicapped

### **April tickets on sale April 1st**

Monday ... 6th ... Walmart & Grand Buffet  
Thursday ... 16th ... Café Luigi's & shopping  
Thursday ... 23rd ... Merrimack Outlets  
Tuesday ... 28th ... Wrentham Outlets

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

### **May tickets on sale May 1st**

Tuesday ... 5th ... Café Luigi's & shopping  
Monday ... 11th ... Wrentham Mall  
Monday ... 18th ... Christmas Tree shop in Salem NH  
and the 99 restaurant  
Friday ... 29th ... Quincy Market

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month. 1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer sessions every Wednesday from 10:00—11:00 am

**Affordable Hearing with Christo-**

**pher Streeter**—Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9:30—11:30 am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.

## Are You a Caregiver?

On Thursday, April 2nd at 11:30 am, **(senior center, great hall)**. The Family Caregiver Support Program from **Elder Services of the Merrimack Valley** will be visiting to offer information, present resources, and address caregiver questions and concerns.

Join Cindy Hession-Richard, Caregiver Advisor, and Ashley English, Caregiver Coordinator, for a better understanding of how Elder Services of the Merrimack Valley can help to support you on your caregiving journey. Topics will include making yourself a priority with the help of Powerful Tools for Caregivers workshops, Habilitation Therapy to educate caregivers on Dementia care and communication, support and resources for Grandparents raising grandchildren, in addition to a review of eligibility for the program.

## Unwanted Medication Disposal



Bring your sharps too! (needles and lancets) in a puncture proof sealed container.

**Wednesday  
April 15, 2015  
3:00P to 7:00P**

Remove all information from bottles.

**Lowell Health Department  
341 Pine Street  
Lowell, MA 01851**



## What's in Your Medicine Cabinet?

**Residential Disposal Only—No Commercial Disposal  
Questions? Call 978-674-4304**

Sponsored by the Greater Lowell Health Alliance

## Getting Fit & Staying Fit



with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*

## YOGA

with Diana Kyricos

Mondays & Wednesdays 10-11 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

www.atmamoves.com

Diana@atmamoves.com





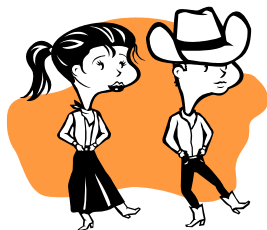
**Mah-Jong**

Mondays

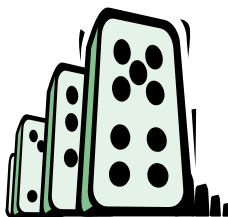
12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**The Broadway Follies Talent Show!**

What would you like to do? We have many talented seniors that could perform as a group or alone for our first Senior Talent Showcase to be held on Sunday, May 17th from 2-4pm at the Lowell senior center for \$10 per ticket. Pizza, popcorn, & beverages served. We welcome senior singers, poets, comedians, musicians, dancers and actors. Call (978) 674-1172. **We are looking for a piano player than can also read music! This is a fundraiser for the Friends of Lowell Council on Aging.**

**Recall on Kraft Mac & Cheese**

Shares of Kraft Foods Group (KRFT) fell on March 17th after the company launched a voluntary recall of approximately 6.5 million boxes of original flavor Kraft Macaroni & Cheese because some packages may contain small pieces of metal.

The boxes — all 7.25-ounce in size — have "best when used by" dates ranging from Sept. 18, 2015 through Oct. 11, 2015. They are marked with the code "C2" directly below the date on each package.

Some of the products were also packaged in multi-pack units with a range of different code dates and manufacturing codes on the boxes.

The boxes were sold throughout the U.S. In all, 242,000 cases of the product are involved in the recall effort.

Kraft Foods Group Inc. said the company was aware of eight incidents in which consumers reported finding metal in the boxes. There have been no reports of injuries, Kraft said. Consumers shouldn't eat the macaroni, and instead should return it to the store where it was purchased for a full refund, the company said.

"We deeply regret this situation and apologize to any consumers we have disappointed," Kraft said.

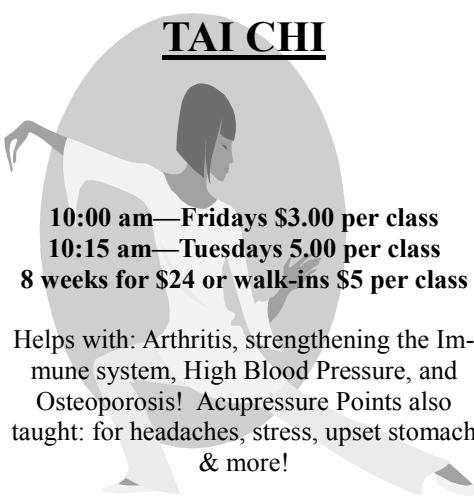
**Quilting Lessons**

Newcomers' welcome!

Wednesdays  
12:30—3:00 pm**TAI CHI**

10:00 am—Fridays \$3.00 per class  
10:15 am—Tuesdays 5.00 per class  
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis! Acupressure Points also taught: for headaches, stress, upset stomach & more!

**Knitting & Crochet Group**Tuesdays  
12:00—3:00 pm

Newcomers' welcome!

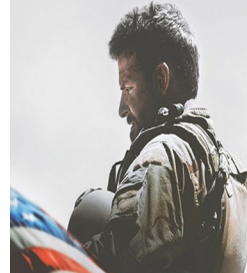




## **American Sniper Illustrates How Difficult Transitioning To Civilian Life Can Be...**

By Carolyn J. Greene, Ph.D

Transitioning to civilian life can be extremely challenging. The current box-office blockbuster American Sniper graphically illustrates just how difficult this transition can be. The movie portrays the true-life story of U.S. Navy SEAL Chris Kyle. For those who haven't seen the movie, many Service members and Veterans have commented on how accurate the storytelling and acting is. Like Kyle, many of the men and women who serve our country find themselves feeling isolated, angry or conflicted when they return home, making it difficult to move forward and start the next chapter of their lives.



VA continues to develop resources to help navigate the readjustment to civilian life. The VA has developed, and continues to develop, resources to help Service members and Veterans navigate the readjustment to civilian life. In addition to in-person resources such as Vet Centers and VA Medical Centers, VA also provides online programs and telephone-based services. Some of those resources include: A Veteran Resource Center — a trio of free and confidential online training courses created specifically to equip Service members and Veterans with practical skills and tools they can use daily. These courses are ideal for individuals who want to learn skills at the time, place and pace of their choosing. These interactive courses feature real Veterans and military families who share their stories and offer lessons learned. The courses are:

- Moving Forward --- teaches skills to overcome stressful problems such as difficulties transitioning from military to civilian life, balancing work/school and family, coping with physical injuries, and relationship issues.

- Parenting for Service Members & Veterans: offers parents ways to reconnect with their children and strengthen their family. It covers everyday parenting and family issues, as well as those unique to the military lifestyle.

- Anger & Irritability Management (AIMS): provides practical tools to better understand anger "triggers," and to keep control of your reactions during difficult situations. It also teaches communication skills to help you get along better with people.

- AboutFace — provides a way to learn about PTSD from Veterans who live with it. Veterans share their stories about the challenges they have faced and how treatment has helped them turn their lives around. Also hear from family members who explain how their lives were improved once their loved-one sought treatment.

- Coaching into Care — offers telephone-based support and coaching for family members who would like to help their Service member or Veteran get mental health care treatment. This confidential service can also help military family members learn new ways to talk with their loved-one about the difficulties they face and why treatment can help.

These are just some of the VA resources available to help Service members and Veterans start and improve the next chapter of their lives. Many other important resources — such as Veterans Crisis Line (1-800-273-8255) and Make the Connection — can be found at [mentalhealth.va.gov](http://mentalhealth.va.gov) and [ptsd.va.gov](http://ptsd.va.gov).

## **Card Making Class**

First come, first served basis. RSVP to reserve your spot. See Tara.



FREE Workshop  
Wednesday, April 8  
9:30 am—2:00 pm

All materials available at workshop!



## **YOGA for VETs**

with Diana Kyricos  
Wednesdays

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

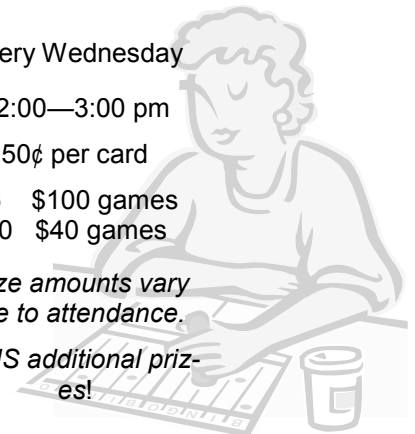
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary due to attendance.

PLUS additional prizes!





**ENGAGING COMMUNITIES | EMPOWERING VICTIMS** National Crime Victims' Rights Week April 19-25 2015

**CANDLELIGHT VIGIL**

**APRIL 23rd 5-9 PM ~ LOWELL SENIOR CENTER**

**INFORMATION BOOTHS**

ALTERNATIVE HOUSE  
ASIAN TASK FORCE AGAINST-  
DOMESTIC VIOLENCE  
CENTER FOR HOPE & HEALING  
COMMUNITY VOICES  
GARDEN OF PEACE  
LOWELL COMMUNITY HEALTH -  
CENTER  
LOWELL POLICE DEPARTMENT  
MA OFFICE FOR -  
VICTIMS ASSISTANCE  
M.V. CHAPTER OF POMC  
MIDDLESEX DISTRICT ATTORNEY'S-  
OFFICE  
MIDDLESEX SHERIFF'S OFFICE  
VICTIM COMPENSATION

**IN PARTNERSHIP**

CITY OF LOWELL  
DISTRICT ATTORNEY'S OFFICE  
MIDDLESEX SHERIFF'S OFFICE

**SPONSORS**

A BELVIDERE FLORIST

MERRIMACK VALLEY  
CHAPTER OF POMC

ARNIE MUSCOVITZ  
978-452-5858  
AMUSCOVITZ@COMCAST.NET

**INFORMATIONAL BOOTHS (5-7PM)**

**CANDLELIGHT WALK TO CITY HALL 7:30PM**  
(weather permitting)

**ESCORTED BY THE MIDDLESEX SHERIFF'S OFFICE**

**MOTORCADE, COLOR GUARD**

**MASTER OF CEREMONIES**  
Mayor Rodney Elliot

**SPEAKERS**

TBD  
Representative, Tom Golden  
TBD  
Middlesex Sheriff, Peter Koutoujian  
Lowell Police Superintendent, William Taylor  
Community Voices, Laurie Myers

**Presenting:**  
TBD  
& Paul Belley on the saxophone

## Anxiety Support Group

with Steve Coupe

Fridays  
2:00—3:45 pm



## Fallon Senior Plan Meeting

Monday, April 13  
at 10:00 am

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.

## Who Will Speak for You if You Are Too Ill to Speak for Yourself?

Thursday, April 9th  
10:00 am

Most Americans are very clear when asked to envision what medical treatments they want if faced with a life-limiting illness or accident, yet the statistics show that only about one-third of adults have any documents in place expressing their wishes for end-of-life medical care. No one can possibly think of every situation that might happen to them in the future, but you can stay in charge by putting your preferences in writing ahead of time so your doctor and family will know what kind of treatment you want, or do not want, in the event that you can no longer communicate.

**Lowell Council on Aging**

**Video Lanes**

**Wii**

**Bowling League**  
Happens every  
Tues & Fri @ 11:30 in  
the Lowell Senior Center  
Board Room

**BE FUN  
GO BOWLING**

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>We would like to remind all our Veterans that we hold a Complimentary Veterans breakfast on the second Friday of each month at 9am. We would love to see if any of our Veterans are interested in telling a story, singing a patriotic song or show their talent at an upcoming Veterans breakfast. If you are interested please call me at (978) 674-1170</p>                                        |                                                                                                                                                                                                                                                                                                                                                    | <p>1. 7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian \$2<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RN<br/>NO Yoga for Seniors \$5<br/>NO Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>           | <p>2. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit w/Marian \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>11:30 Caregiver support<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p>                            | <p>3. Good Friday<br/>7-9 Breakfast Program 50¢<br/>8:00 Foot Doctor McNamara<br/>9:30 Personal Computer/ Tablet Assistance<br/>10:00 Tai Chi \$5<br/><br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>2-3:45 Anxiety Support Group with Steve Coupe</p> |
| <p>6. 7-9 Breakfast Program 50¢<br/>8:30-10:30- SHINE councilor: walk-in: 1st come 1st served<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian \$2<br/>10:00 Hula Dancing w/ Kim<br/>10-11 Yoga (Begins today)<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p>                            | <p>7. 7-9 Breakfast Program 50¢<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10:15-11 Tai Chi \$24 (8weeks)<br/>Or \$5 walk-ins<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12 noon movie: Bucket List<br/>12:- Cribbage<br/>12-3 Knitting &amp; Crochet</p>            | <p>8. 7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian \$2<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RN<br/>10-11 Yoga for Seniors \$5<br/>11:15-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>  | <p>9. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit w/Marian \$2<br/>10:00 AA Info meeting<br/>10:00—Care Dimensions—<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p>                             | <p>10. 7-9 Breakfast Program 50¢<br/>9:00 Veterans Breakfast<br/>9:30 Personal Computer/ Tablet Assistance<br/>10:00 Tai Chi \$5<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00,<br/>2-3:45 Anxiety Support Group with Steve Coupe</p>                      |
| <p>13. 7-9 Breakfast Program 50¢<br/>8:30-10:30-SHINE councilor: walk-in: 1st come 1st served<br/>8:30 CTI Bone Builders A<br/>9:00 COA board meeting<br/>9:00 Getting Fit w/Marian \$2<br/>10:00 Fallon Senior Plan mtg<br/>10:00 Hula Dancing w/ Kim<br/>10-11 Yoga for Seniors \$5<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONG<br/>1:00 Choral Group Rehearsal</p> | <p>14. 7-9 Breakfast Program 50¢<br/>8-10 LVNA Blood Pressure<br/>8:00 CTI MEETING<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12 Country Line Dancing<br/>10:15-11 Tai Chi \$24 (8weeks)<br/>Or \$5 walk-ins<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3—Picture IDs \$3</p> | <p>15. 7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian \$2<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RN<br/>10-11 Yoga for Seniors \$5<br/>11:15-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> | <p>16. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit w/Marian \$2<br/>10:00 AA Info meeting<br/>10-12 Tufts Info Table<br/>11:30 Lunch (see menu) \$2<br/>12:00 Diabetes classes<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p> | <p>17. 7-9 Breakfast Program 50¢<br/>9:30 Personal Computer/ Tablet Assistance<br/>10:00 Tai Chi \$5<br/>10-3 Dinner Dance \$7<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>2-3:45 Anxiety Support Group with Steve Coupe</p>                                                                                     |

|                                                                                                                                                                                                                                                                                                                                                         |     |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B                                                                                                                                                                                                                                                                                            |     |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                    |
| CLOSED<br>Patriots Day                                                                                                                                                                                                                                                                                                                                  | 20. | 21.<br>7-9 Breakfast Program 50¢<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12:30 LVNA Blood Pressure<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi \$24 (8weeks)<br>Or \$5 walk-ins<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12 noon Kids movie: Life of Pi<br>12- Cribbage<br>12-3 Knitting & Crochet                           | 22.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit w/Marian \$2<br>8:30 CTI Bone Builders A<br>9-11 Hearing Test & Repair<br>9:30-11:30 Blood Pressure<br>with Albert Gauthier, RN<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 23.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12:00 Diabetes classes<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B |
| 7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>9:30 Friends meeting<br>10:00 Tai Chi \$5<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social Lions Club<br>Pizza Party<br>2-3:45 Anxiety Support<br>Group with Steve Coupe                                                          | 24. |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                    |
| 7-9 Breakfast Program 50¢<br>8:30 Getting Fit w/Marian \$2<br>8:30 CTI Bone Builders A<br>9-11 Hearing Test & Repair<br>9:30-11:30 Blood Pressure<br>with Albert Gauthier, RN<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting                                              | 29. | 28.<br>7-9 Breakfast Program with a<br>suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi \$24 (8weeks)<br>Or \$5 walk-ins<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br><b>12 pm Brown Bag Pick Up</b><br>12-Cribbage<br>12-3 Knitting & Crochet | 30.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12:00 Diabetes classes<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                                                |                                                                                                                                                                                                                    |
| 7-9 Breakfast Program 50¢<br>8:30-10:30-SHINE councilor:<br>walk-in: 1st come 1st served<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian \$2<br>10 Hula Dancing w/ Kim<br>10-11 Yoga for Seniors \$5<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 27. |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                    |

# SPONSORS






# April Lunch Menu



**Lunch is served at 11:30 am. A donation of \$2.00. Menu subject to change.**

Lunch Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell.

| Sunday                                                                            | Monday                                                               | Tuesday                                                       | Wednesday                                                                      | Thursday                                                                     | Friday                                                              | Saturday                                                                        |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------|
|  |                                                                      |                                                               | 1. American Chop Suey, beets, garlic sticks, pears                             | 2. Chicken Patties, rice, green beans, wheat bread, juice, chocolate pudding | 3. Baked Scrod, potatoes, peas, wheat rolls, peaches                | 4. Pork Pie, green beans, rye bread, juice, cake                                |
| 5. Closed<br>Happy Easter!                                                        | 6. Veal Parmesan, green beans, wheat bread, pineapples               | 7. Hot Dogs & Beans, coleslaw, hot dog rolls, apricots        | 8. Stuffed Peppers, waxed beans, wheat rolls, fruit salad                      | 9. Chicken Ala King, rice, wheat rolls, pears                                | 10. Fish Cakes, beans, potatoes, rye bread, juice, pudding          | 11. Spaghetti & Meatballs, garlic sticks, peaches                               |
| 12. Chicken Fritters, baked potatoes, carrots, wheat bread, vanilla pudding       | 13. Pork Chops, potatoes, green beans, wheat bread, apricots         | 14. Swedish Meatballs, pasta, peas, wheat bread, peaches      | 15. Meatloaf w/ gravy, mashed potatoes, mixed veggies, wheat bread, pineapples | 16. Liver & Onions w/gravy, potatoes, waxed beans, rye bread, juice, pudding | 17. DINNER DANCE<br>Baked Ham, potatoes, peas, dinner rolls         | 18. Chicken Breast Filet, potatoes, carrots, wheat bread, pears                 |
| 19. Roast Pork w/gravy, potatoes, peas, rye bread, peaches                        | 20. CLOSED<br>Patriots Day                                           | 21. Shepard's Pie, beets, wheat bread, juice, pudding         | 22. Salisbury Steak, mashed potatoes, peas, wheat bread, apricots              | 23. Chicken Dippers, rice, carrots, wheat bread, fruit salad                 | 24. Fish Squares, baked potatoes, mixed veggies, wheat bread, pears | 25. Hamburger & Onion w/brown gravy, mashed potatoes, peas, wheat bread, cookie |
| 26. Roast Beef, potatoes, green beans, wheat rolls, apricots                      | 27. Mac & Cheese, stewed tomatoes, broccoli, wheat bread, pineapples | 28. Vegetable Lasagna, carrots, garlic sticks, juice, pudding | 29. BBQ Chicken leg, baked potatoes, green beans, wheat rolls, peaches         | 30. Stuffed Cabbage, waxed beans, garlic sticks, apples                      |                                                                     |                                                                                 |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.

**Actors inc.** COMING TO LOWELL, MA

**"TIMELESS!"**  
-Corinne Hickey

**RODGERS & HAMMERSTEIN'S**

**Oklahoma!**

Tickets Starting At Only **\$30**

Featuring the Lowell Philharmonic Orchestra

**FRIDAY, APRIL 24, 2015**

**BUY TICKETS**  
7:00pm

**SATURDAY, APRIL 25, 2015**

**BUY TICKETS**  
1:00pm

**BUY TICKETS**  
7:00pm

Cyrus W. Irish Auditorium  
50 Father Morissette Blvd  
Lowell, MA

Presented in conjunction with...

Kiwanis Club of Greater Lowell  
KIWANIS INTERNATIONAL  
SERVING THE CHILDREN OF THE WORLD

 **7**  
The Jack Trotter Trust

Tickets may be purchased at  
**www.actorsincorporated.com**  
or by calling 978-984-3151

## Tufts Medicare Preferred Information Table

Thursday, April 16  
10:00 am to 12:00 noon

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

## Personal Computer/ Tablet Assistance

with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

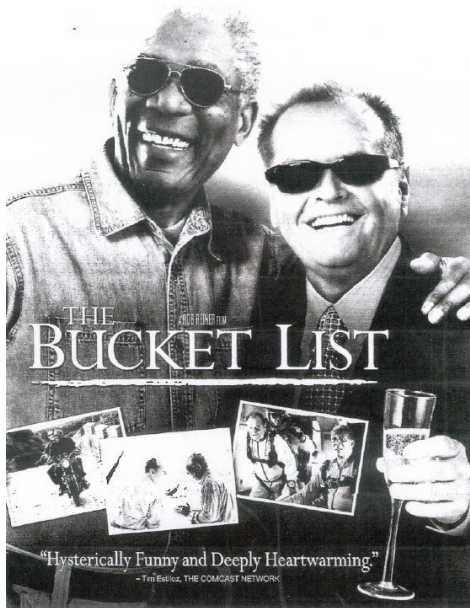
Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*

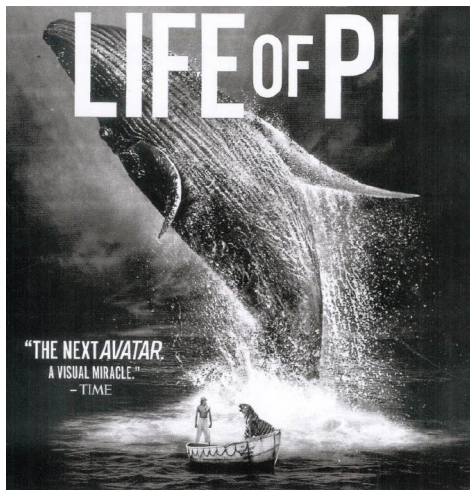


# PUZZLES & MORE...

JACK NICHOLSON MORGAN FREEMAN



**Tuesday Afternoon at the Movies!**  
**April 7, 2015 at 12:00 pm**  
**FREE snacks!**



**Bring your grandkids to a free movie**  
**day during school vacation!**  
**Tuesday, April 21st at 12 noon**  
**Free snacks!**

## Spring

Find the words in this grid. Words can go horizontal, vertical and diagonal.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | G | N | R | A | I | N | C | O | A | T | E | N | T | L | K | G | C |
| H | S | I | M | B | B | D | Q | L | T | G | H | G | E | K | A | Q | D |
| O | S | A | D | Z | J | M | W | Q | G | N | Y | M | G | E | E | F | S |
| W | A | R | R | X | L | W | D | S | F | F | Y | R | E | L | R | J | P |
| E | R | T | M | N | O | Y | Z | T | Y | M | K | L | A | L | B | G | R |
| R | G | W | W | B | P | N | Z | B | T | M | B | L | S | L | G | B | I |
| S | J | U | N | E | P | L | Z | N | U | L | L | M | T | H | N | K | N |
| G | N | I | M | R | A | W | N | W | L | T | D | N | E | C | I | M | G |
| X | A | N | J | D | P | L | O | L | P | R | T | L | R | Q | R | A | C |
| R | Y | J | M | N | G | R | A | K | Y | C | Q | E | L | K | P | Y | L |
| T | S | E | N | S | G | B | W | M | T | T | P | L | R | V | S | N | E |
| X | L | H | Y | T | E | R | R | R | M | W | I | P | V | F | H | W | A |
| T | N | M | U | S | Y | A | E | W | Z | A | L | B | R | R | L | F | N |
| Q | C | L | A | F | V | X | S | H | V | F | R | K | B | K | L | Y | I |
| T | I | B | C | C | R | Z | G | O | T | Z | H | C | D | A | I | Z | N |
| P | R | M | L | H | Q | L | M | J | N | A | X | M | H | C | R | K | G |
| K | K | W | T | B | L | O | S | S | O | M | E | M | W | Q | P | H | Y |
| G | M | B | S | R | E | W | O | L | F | R | W | W | L | F | A | D | B |

APRIL  
 BASEBALL  
 BLOSSOM  
 BUTTERFLY  
 EASTER  
 EGGS  
 FLOWERS  
 GRASS  
 GREEN

GROW  
 JUNE  
 MARCH  
 MAY  
 MELT  
 NEST  
 RABBIT  
 RAIN  
 RAINBOW

RAINCOAT  
 SEASON  
 SHOWERS  
 SPRING BREAK  
 SPRING CLEANING  
 TULIP  
 WARMING  
 WEATHER

**Answers on Page 4**



## **What is Carbon Monoxide?**

Carbon monoxide, or “CO,” is an odorless, colorless gas that can kill you.

Where is CO found? CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. CO can build up indoors and poison people and animals who breathe it.

What are the symptoms of CO poisoning? The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as “flu-like.” If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping or drunk can die from CO poisoning before they have symptoms.

Who is at risk from CO poisoning? Everyone is at risk for CO poisoning. Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.



How can I prevent CO poisoning in my home?

- Have your heating system serviced annually
- Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.
- Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters indoors.
- If you smell an odor from your gas refrigerator have an expert service it. An odor from your gas refrigerator can mean it could be leaking CO.
- When you buy gas equipment, buy only equipment carrying the seal of a national testing agency, such as Underwriters' Laboratories.
- Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances, such as a water heater, should go up slightly as they go toward outdoors, as shown below. This prevents CO from leaking if the joints or pipes aren't fitted tightly.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.
- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.
- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a build up of CO inside your home, cabin, or camper.
- Never burn charcoal indoors. Burning charcoal - red, gray, black, or white - gives off CO.
- Never use a portable gas camp stove indoors. Using a gas camp stove indoors can cause CO to build up inside your home, cabin, or camper.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.

How can I avoid CO poisoning from my car or truck?

- Have a mechanic check the exhaust system of your car or truck every year. A small leak in the exhaust system can lead to a build up of CO inside the car.
- Never run your car or truck inside a garage that is attached to a house even with the garage door open. Always open the door to a detached garage to let in fresh air when you run a car or truck inside.
- If you drive a car or SUV with a tailgate, when you open the tailgate open the vents or windows to make sure air is moving through. If only the tailgate is open CO from the exhaust will be pulled into the car or SUV.

## Stop High Water Heating Costs

Hot water is essential for home comfort, but it doesn't come cheap. The average household uses 64 gallons of hot water each day and spends between \$400 and \$600 per year on water heating, according to the U.S. Department of Energy. If water heating is draining your household budget, the seven tips that follow can help to keep the hot water flowing:

1. **Conserve.** It's a simple premise; use less hot water and your water heater will use less energy. Take shorter showers and avoid pre-rinsing dishes. If you do pre-rinse, use cold water. Wash clothes using cold water whenever possible.
2. **Lower the temperature of your hot water heater.** Set your water heater temperature to 120°F. For every 10°F temperature reduction, you can save up to 5 percent in energy costs.
3. **Fix leaks.** You can save significantly on water heating costs by fixing leaks in faucets, shower heads and pipes.
4. **Install low-flow fixtures.** Low-flow shower heads and aerator faucets can reduce water use and save on energy costs. Low-flow fixtures typically cost no more than \$10 to \$20 and provide water savings of 25 to 60 percent.



5. **Insulate your hot water tank.** If your tank is warm to the touch, it may need extra insulation. Adding insulation can reduce heat loss by up to 45 percent. Pre-cut insulation blankets are available for approximately \$25 or less. You can install one yourself following manufacturer's instructions or hire a contractor.

6. **Insulate pipes.** Insulating accessible hot water pipes located within 3 feet of the tank can raise the water temperature and reduce heat loss. Use pipe insulation wrap or foam pipe sleeves. Fasten the insulation securely and match the insulation to the diameter of the pipe. Pipe insulation kits are available at DIY or hardware stores.

7. **Purchase energy-efficient appliances.** ENERGY STAR qualified dishwashers and clothes washers use less energy and water than standard models. ENERGY STAR is a joint program of the U.S. Department of Energy and the U.S. Environmental Protection Agency that tests and certifies products for energy efficiency and performance.

If your hot water heater is older, or in need of repair, installing a new, energy-efficient model can reduce your energy bill substantially. Hot water heaters that have earned the ENERGY STAR label must deliver the features and performance demanded by consumers, as well as increased energy efficiency.

**សូស្តីឆ្នាំថ្មី**  
**HAPPY NEW YEAR**  
 2015 - YEAR OF THE GOAT  
 SATURDAY APRIL 4, 2015  
 9:00 AM - 3:00 PM

**តូលរួមដោយឥតគិតថ្លៃ**  
 សូមអញ្ជើញចូលរួមអបអរសាទរចូលឆ្នាំថ្មីប្រពៃណីខ្មែរ  
 ដើម្បីលើកស្ទួយវប្បធម៌ និង ទំនៀមទម្លាប់ខ្មែរ។

**FREE ADMISSION**  
 You're invited to the 6th annual  
 Cambodian New Year Celebration to  
 honor traditional Khmer Arts and Culture.

**FREE FOOD AND CULTURAL PERFORMANCES!**

LOWELL SENIOR CENTER 276 BROADWAY ST., LOWELL, MA 01854

CONTACT INFO BUNRITH SATH - 978.452.7523 x809



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276 Broadway Street  
Lowell, MA 01854

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~ The official publication of the Lowell Senior Center ~

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

Lowell's Third

## Purr-Fetch Pet Fest

License, Microchip, & Rabies Clinic

EVERYONE FROM EVERYWHERE IS INVITED!!!

Hosted by Lowell Police Animal Control Division

Saturday, April 25th

8:00 a.m. – 2:00 p.m.

at the Butler School, 1140 Gorham Street, Lowell

Music • Food • Face Painting • Raffles and Free Prizes!

Exotic Animal Show at 11:00am by Rainforest Reptile Shows

\$10.00 Distemper/Parvo Vaccination

Offered by Lowell Humane Society for dogs that need to meet and greet a Vet.

\$10.00 Rabies Vaccination

\$25.00 Microchip

TD Bank to sponsor first 25 Rabies Vaccinations and

First 10 Microchips

With Every Lowell Dog License Receive a FREE Raffle Ticket!!!

Dogs must be on leashes. Cats must be in carriers.

Sponsored by: Animal Rescue League of Boston, Rainforest Reptile Shows, Coke, TD Bank, PETCO, Cat Mobile, Luv My Pet, Lowell Humane Society, Pittie Love Rescue, Kitty Angels, Lowell TNR, The House Rabbit Network, MSPCA, Mass Ferret Friends, House Rabbit Connection, Henri's Magical Amazements, SMART, The Social Pup, I'd Rather Be With My Dog, 2PugglesAtHome, Dunkin Donuts, RC Carrot Crusaders 4-H Club, Wignall Animal Hospital, Paxton Animal Hospital, Lowell Police

